



**Go Lean With Protein**



**EFNEP**

Expanded Food and Nutrition Education Program

## **3-Bean Salad**

Makes: 6 (1 cup) servings

Preparation Time: 10-12 minutes

Chilling Time: overnight (optional)

### ***Ingredients:***

- 1 (15-ounce) can green beans, drained
- 1 (15-ounce) can pinto or garbanzo beans, drained
- 1 (15-ounce) can red kidney beans, drained
- ½ cup chopped green peppers
- 2 teaspoons sugar
- 6 tablespoons vinegar
- 3 tablespoons vegetable oil
- ¼ teaspoon salt (optional)
- ¼ teaspoon pepper

### ***Directions:***

1. In a medium bowl, mix the green beans, pinto or garbanzo beans, kidney beans, and green pepper.
2. In a separate bowl mix the sugar, vinegar, oil, salt, and pepper.
3. Pour the liquid mixture over the beans and toss together.
4. Serve immediately or chill overnight for even better flavor.
5. Refrigerate leftovers.

*Be Creative!*

Try adding onions or other vegetables.

*Eat Smart: Vary Your Veggies!*



### **Nutrition Facts**

Serving Size 1 cup (248g)

Servings Per Container 6

Amount Per Serving

**Calories 210**      Calories from Fat 70

% Daily Value\*

**Total Fat 8g**      **12%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 580mg**      **24%**

**Total Carbohydrate 27g**      **9%**

Dietary Fiber 10g      **40%**

Sugars 4g

**Protein 8g**